

# Yoga for KIDS

## *Kinder-2<sup>nd</sup> grade*

### 10 reasons for kids yoga:

- 1. Helps to grow strong and balanced bodies.*
- 2. Increases their focus and self-awareness.*
- 3. Promotes self-esteem and acceptance.*
- 4. Begins the foundation of building a mindful practice.*
- 5. Cultivates a peaceful, relaxed state of body and mind.*
- 6. Gives them tools to manage their stress.*
- 7. Helps to grow their imaginations and creativity.*
- 8. Encourages kindness and compassion in social interactions.*
- 9. Enhances breath awareness.*
- 10. Gives them a safe space to express themselves.*

### **INFORMATION:**

**When:** TUESDAYS (10 sessions)

*Starting January 15<sup>th</sup> and ending March 19<sup>th</sup>*

(\*\*No yoga after spring break)

**Time:** 3:15-4:30

\*\*\*Teacher: Ms. Werner (our visual arts teacher), is also a certified childrens' yoga instructor and will be guiding the students in their yoga practice.

**Cost:** 60\$

**Questions:** *Jennifer\_werner@dpsk12.org*

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Parent Name \_\_\_\_\_ Contact number \_\_\_\_\_  
email: \_\_\_\_\_

Student \_\_\_\_\_ Teacher/Grade \_\_\_\_\_

Food Allergies \_\_\_\_\_

Cash or checks, make payable to Ms. Werner \*\* Turn into office.

# Yoga for KIDS

## 3<sup>rd</sup>-5<sup>th</sup> grade

### 10 reasons for kids yoga:

1. *Helps to grow strong and balanced bodies.*
2. *Increases their focus and self-awareness.*
3. *Promotes self-esteem and acceptance.*
4. *Begins the foundation of building a mindful practice.*
5. *Cultivates a peaceful, relaxed state of body and mind.*
6. *Gives them tools to manage their stress.*
7. *Helps to grow their imaginations and creativity.*
8. *Encourages kindness and compassion in social interactions.*
9. *Enhances breath awareness.*
10. *Gives them a safe space to express themselves.*

### INFORMATION:

**When:** MONDAYS (10 sessions)

Starting JANUARY 14<sup>th</sup>-APRIL 22<sup>nd</sup>

\*\*\*No yoga on Feb. 4<sup>th</sup> or March 4<sup>th</sup>

**Time:** 3:15-4:30

\*\*\*Teacher: Ms. Werner (our visual arts teacher), is also a certified childrens' yoga instructor and will be guiding the students in their yoga practice.

**Cost:** 60\$

**Questions:** [Jennifer\\_werner@dpsk12.org](mailto:Jennifer_werner@dpsk12.org)

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Parent Name \_\_\_\_\_ Contact number \_\_\_\_\_  
email: \_\_\_\_\_

Student \_\_\_\_\_ Teacher/Grade \_\_\_\_\_

Food Allergies \_\_\_\_\_

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# **Benefits of Yoga Classes** **for Children**

- Builds social skills and encourages team-building
- Increases awareness and emotional stability
- Improves coordination and flexibility
- Helps to develop self-control and self esteem
- Teaches breathing techniques that enhance performance and lessen stress
- Gives kids tools to relax and calm down
- Builds strong bones and strengthens the immune system
- Sets groundwork for a healthy lifestyle
- Improves posture and balance
- Improves focus and attention

